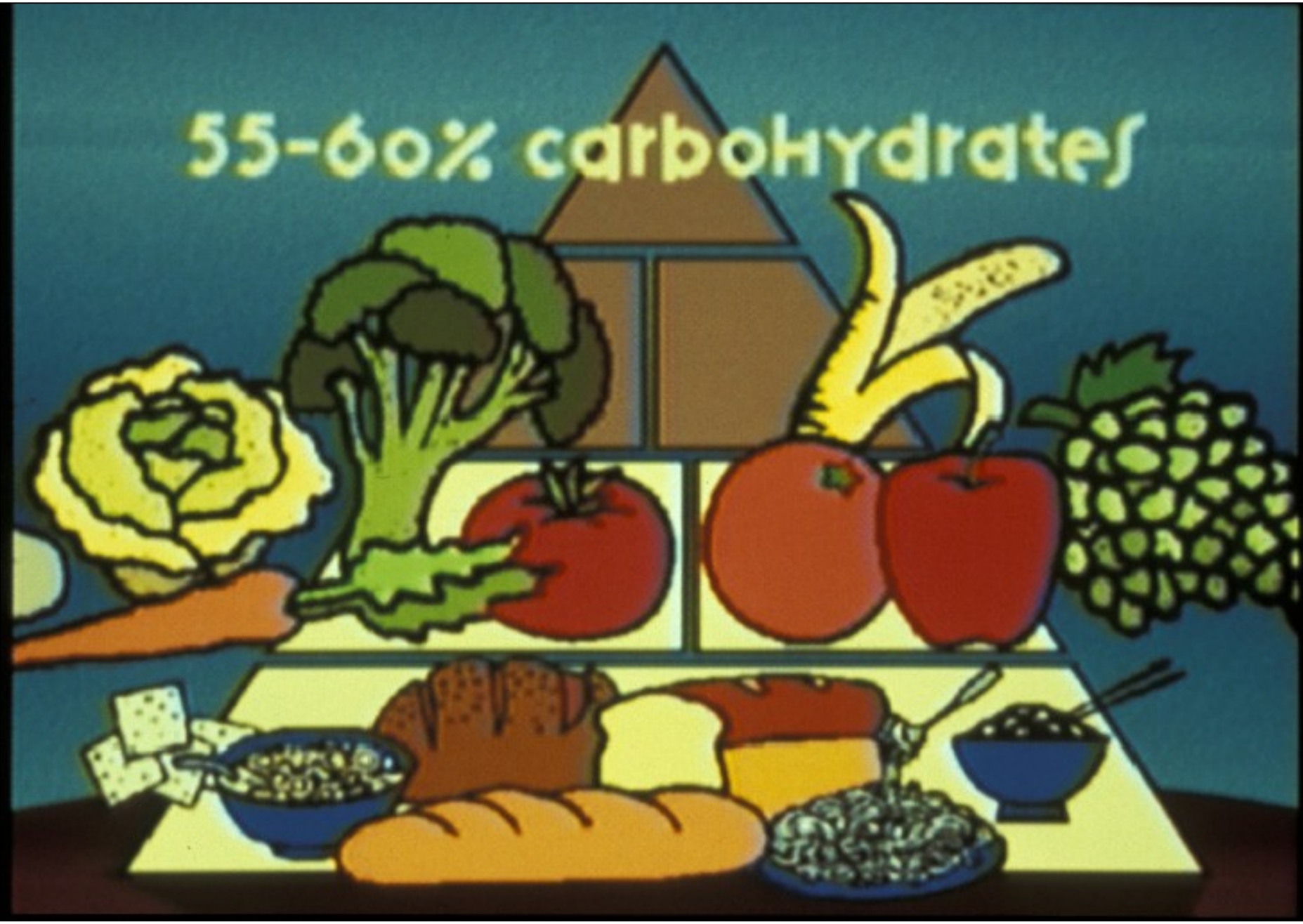
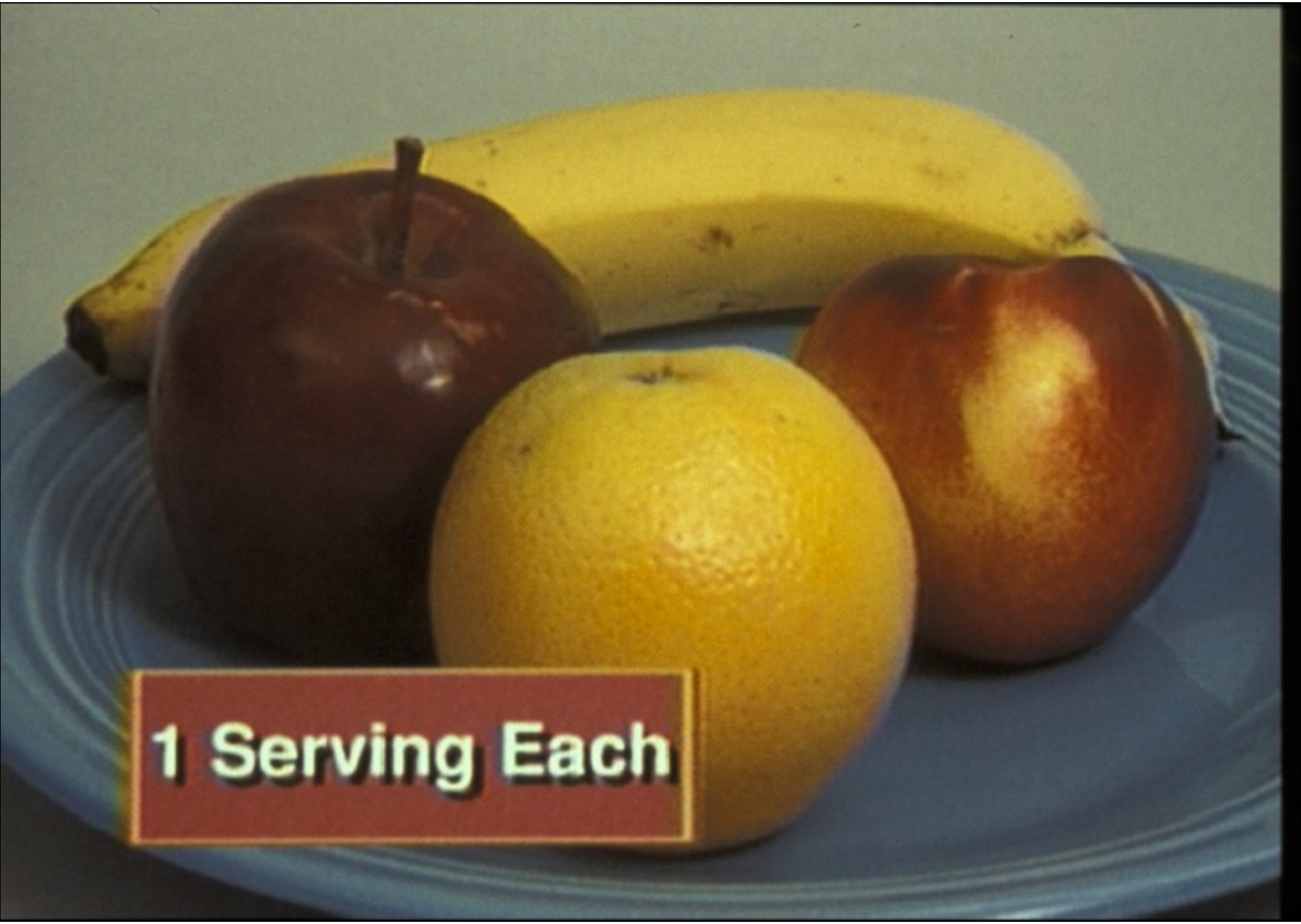

55-60% carbohydrates

vegetables 3-5 servings

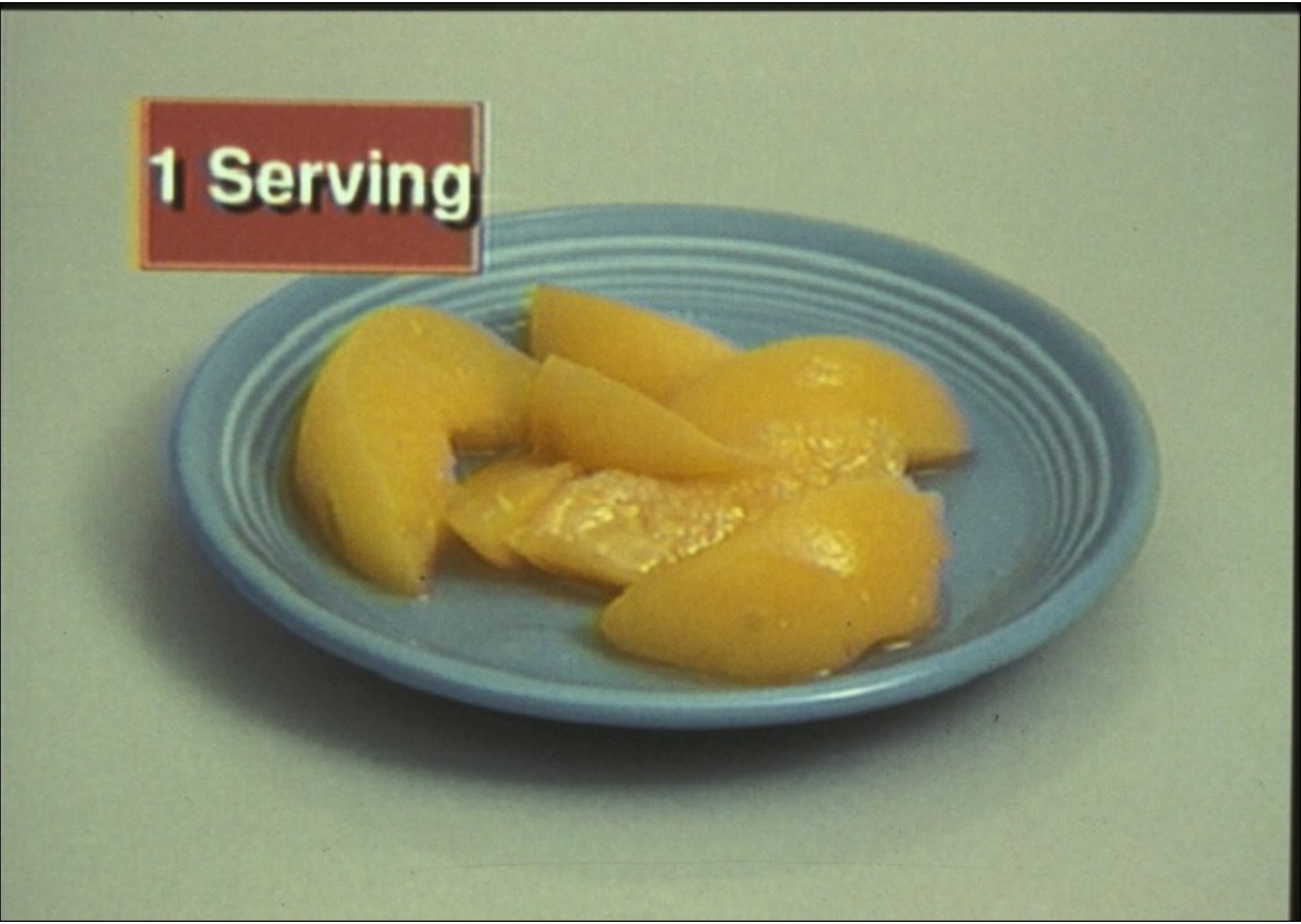
1 Serving

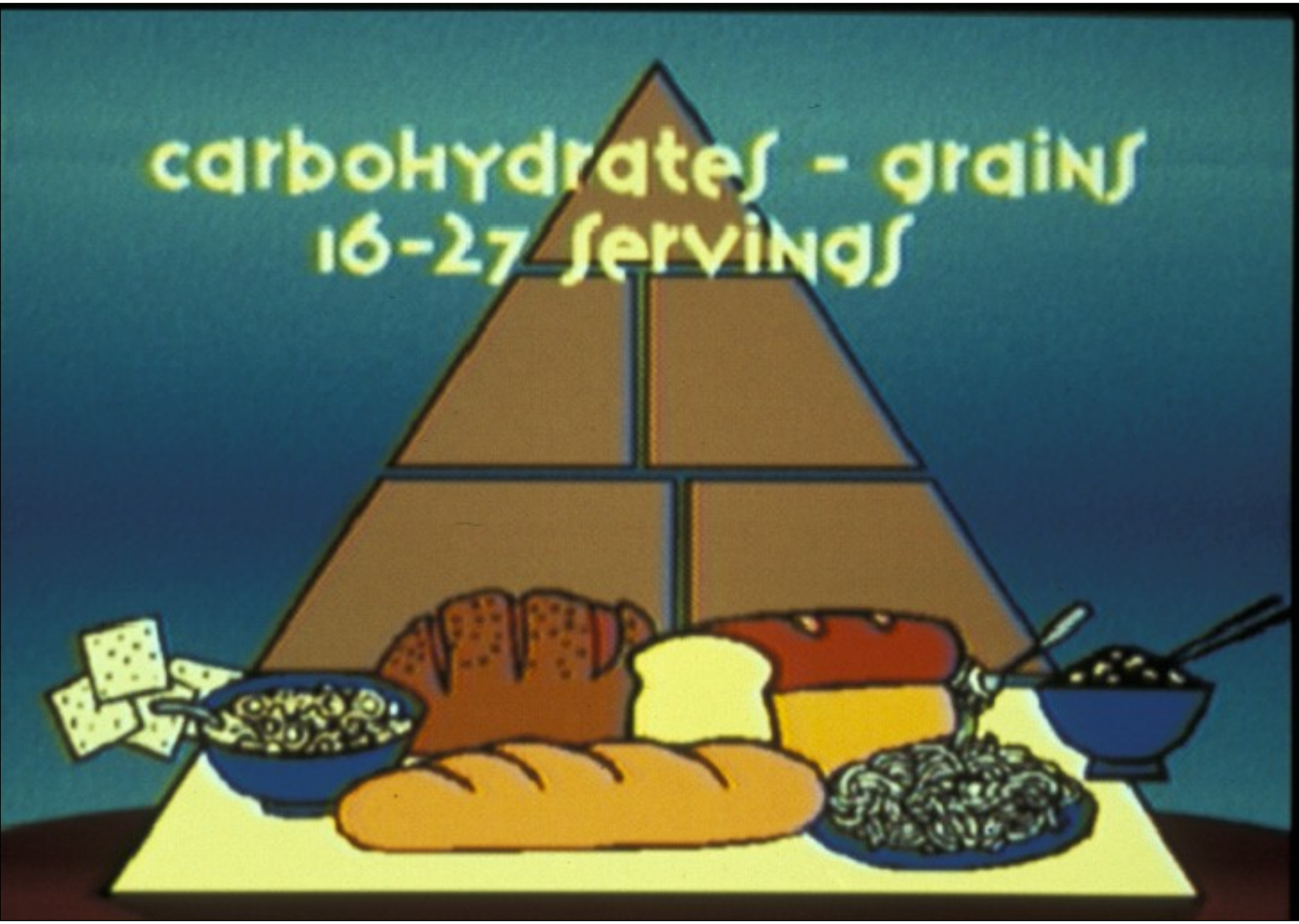
1 Serving

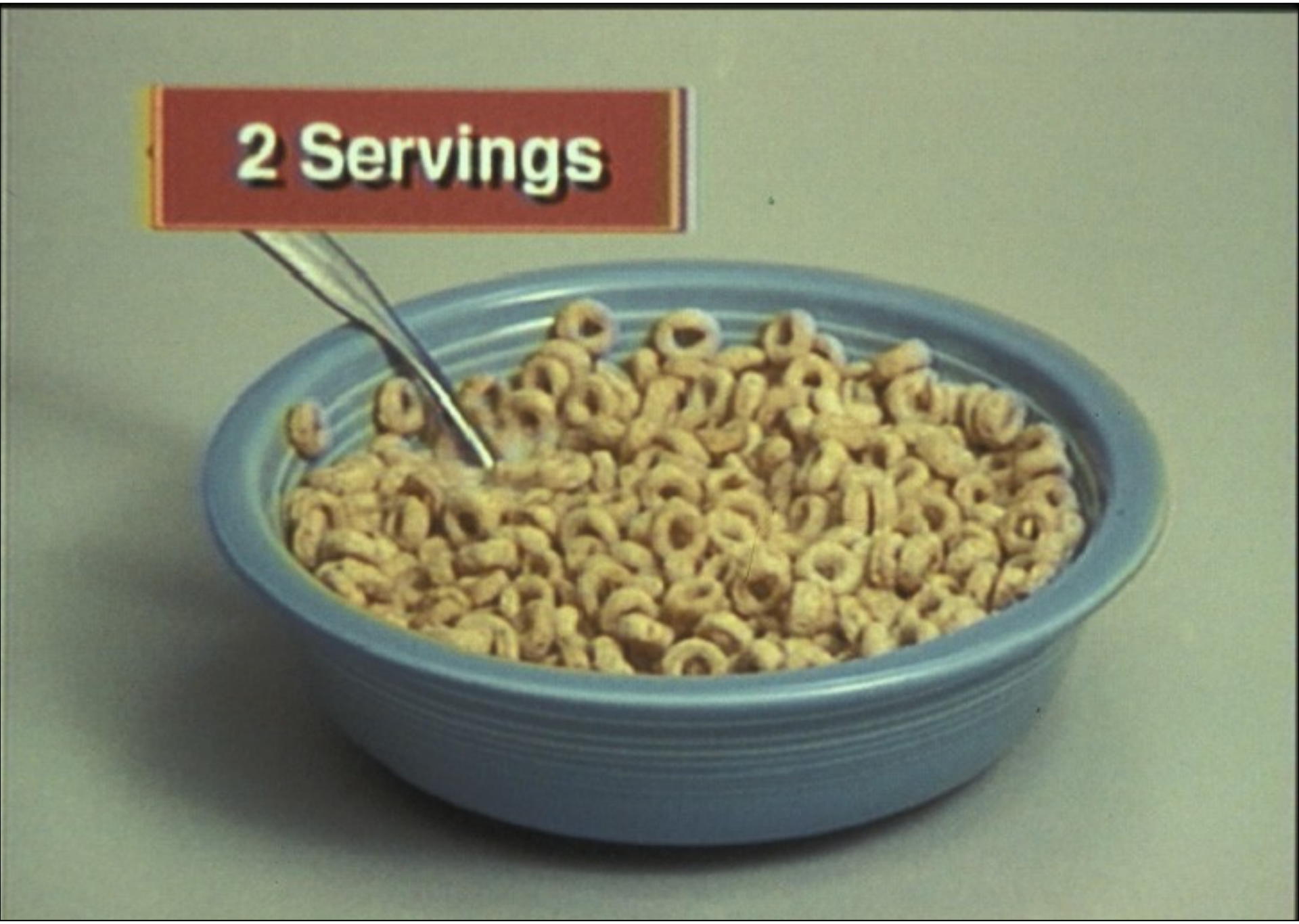
fruits 7-14 servings

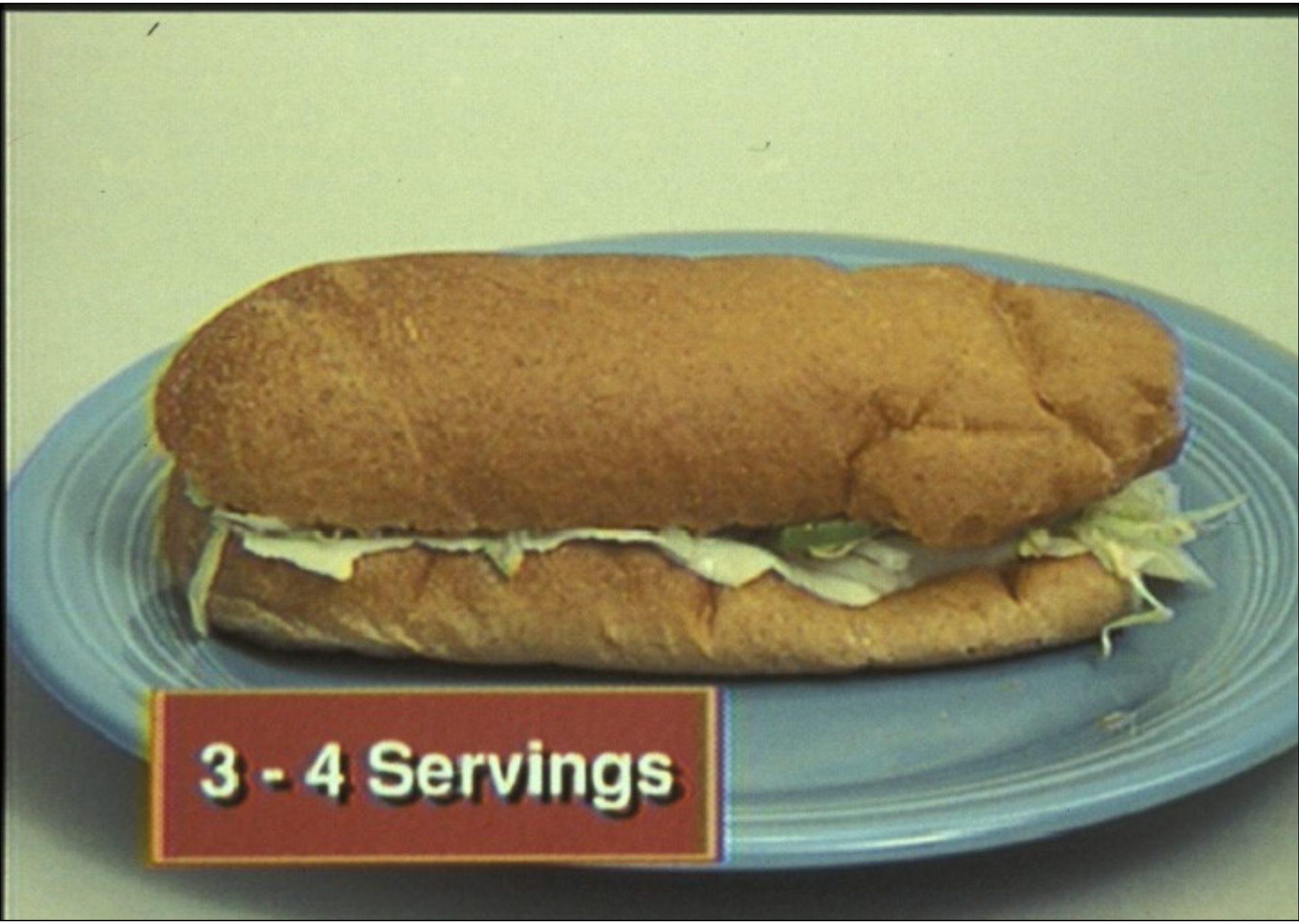

1 Serving Each

1 Serving


1 Serving

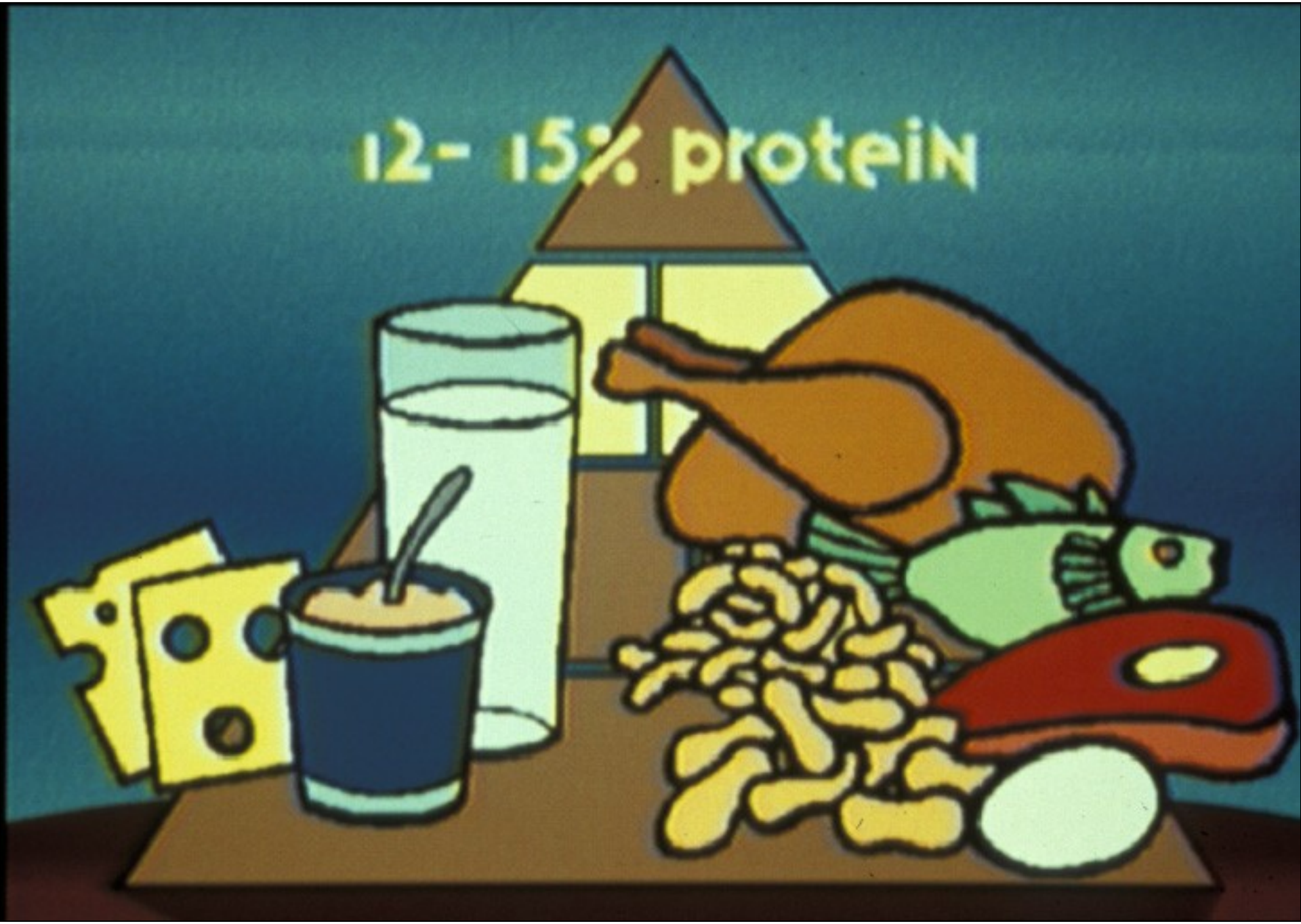

carbohydrates - grains
16-27 servings

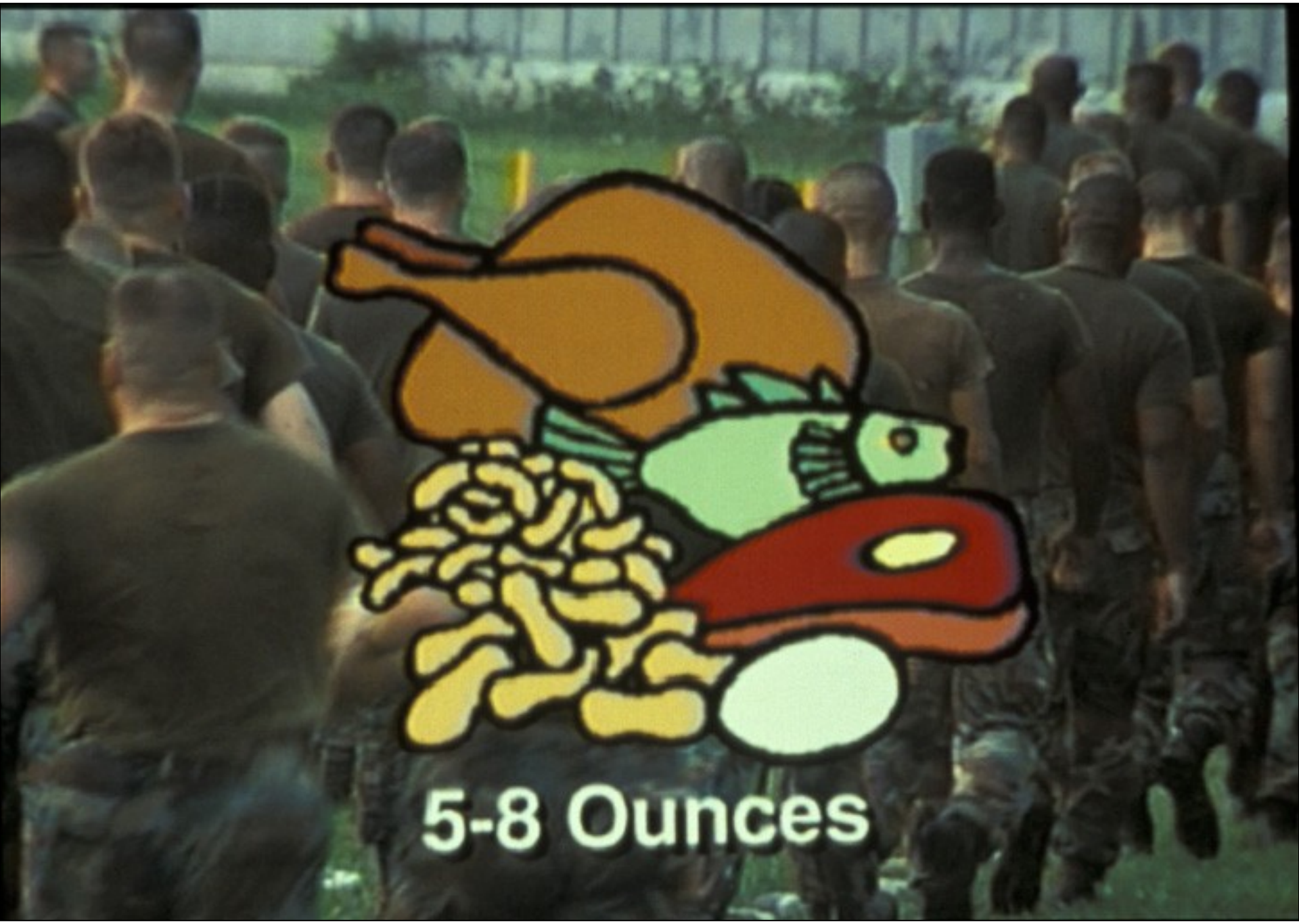

2 Servings


3 - 4 Servings

4 Servings

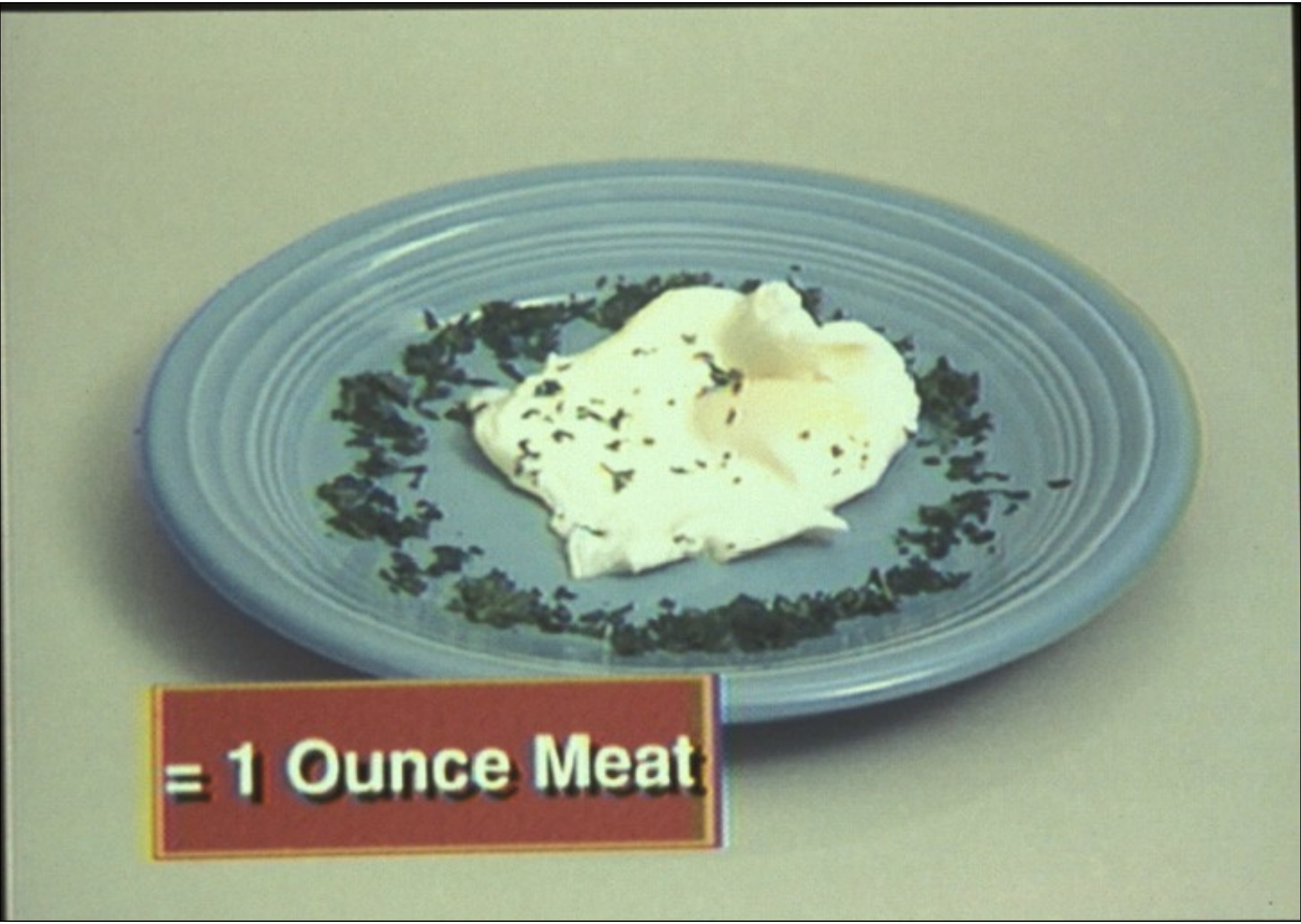
2 Cups =
4 Servings

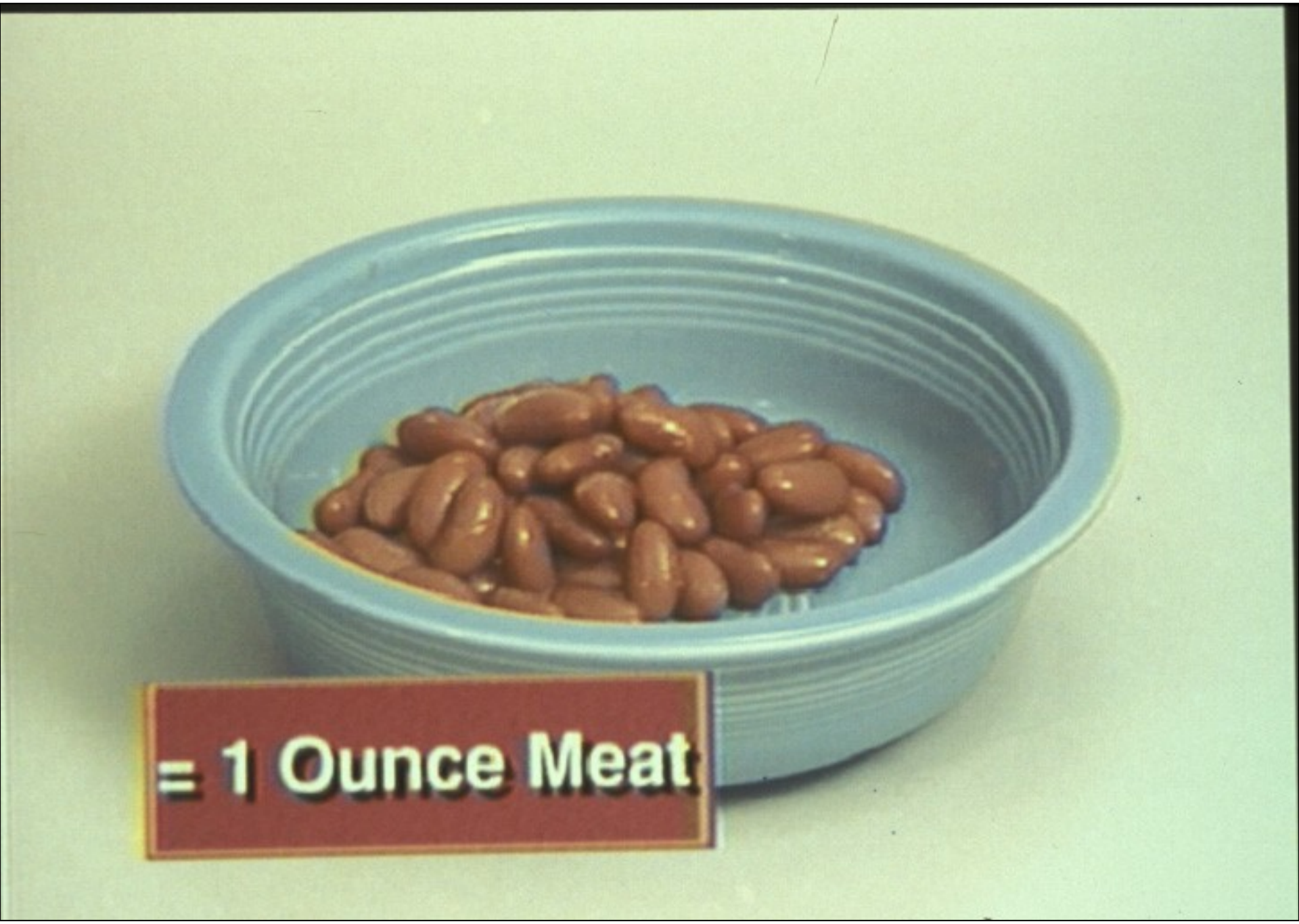

12- 15% protein


5-8 Ounces

1 Day's Meat
Allotment

2 Days' Meat
Allotment


= 1 Ounce Meat


= 1 Ounce Meat